

Tasty Cornmeal Pancakes with Blueberry Sauce – serves 4

Prep Time: 10 minutes

Cook Time: 20 minutes

Blueberry Sauce Ingredients*

2 cups **frozen blueberries**, OR fresh blueberries
1/3 cup water
1/4 cup white sugar OR maple sugar OR 2 Tablespoons maple syrup
2 Tablespoons lemon juice OR **orange juice**
1 1/2 Tablespoons cornstarch mixed with 2 Tablespoons cool water
1/2 teaspoon vanilla (optional)

Pancake Ingredients*

1 cup **yellow cornmeal**
1 cup **all-purpose flour**
3 Tablespoons sugar OR maple sugar
1 Tablespoon baking powder
1/2 teaspoon salt
2 large **eggs**
1 cup **1% milk**
1 Tablespoon lemon juice OR **orange juice** OR vinegar
1/4 cup **vegetable oil** + more for greasing the griddle

Instructions

1. Combine blueberries, water, sugar or syrup, and juice in a small saucepan over medium-high heat. Bring to a boil; lower heat and gently simmer.
2. Stir the cornstarch mixed with the water until dissolved and smooth, and then stir into the blueberry mixture. Continue to simmer and stir occasionally until sauce begins to thicken. Remove from heat and stir in vanilla if using.
3. While sauce is cooking, whisk cornmeal, flour, sugar, baking powder, and salt together in a medium mixing bowl. In a small bowl, mix eggs, milk, juice, or vinegar and 1/4 cup vegetable oil. Add liquid ingredients to dry ingredients and blend together until all ingredients are wet, there may be some small lumps.
4. Lightly oil griddle and heat over medium-high heat. Griddle is ready when a few drops of water sprinkled on hot griddle sizzle and jump across the top.
5. Pour about 1/4 cup batter onto hot griddle. Flip pancakes when bubbles appear all over the surface of the pancake and begin to pop. The pancake should begin to look almost dry. Flip and cook another 1 to 1 1/2 minutes.
6. To keep warm, place cooked pancakes on a baking sheet OR a cooling rack placed on top of baking sheet and place in oven pre heated to 200° F.
7. Serve pancakes with butter and blueberry sauce.

Source: LTBB of Odawa Indians Community Health Program

*Foods in **bold** are available through your tribe's **FDPIR** (Food Distribution Program on Indian Reservation) also known as the USDA Commodity Food Program